

PENNANT HILLS DAY ENDOSCOPY CENTRE

Licence No. DC18
Provider No. 657211 A

10 RAMSAY ROAD
PENNANT HILLS, 2120

TELEPHONE: 98752311
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PREPARATION FOR COLONOSCOPY AT PENNANT HILLS DAY ENDOSCOPY CENTRE

PLEASE NOTE THIS IS AN AFTERNOON LIST – COMMENCING 1pm*

PROCEDURE DATE:

Time of Admission:

You will need to purchase **PrepKIT-C** from your pharmacist. Allow a few days for your pharmacist to order this if necessary. This kit contains one Glycoprep-C 70g sachet, and two PicoPrep 15.5g sachets.

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

STOP ALL IRON CONTAINING MEDICATIONS at least one week prior to your procedure. **ALL BLOOD THINNING MEDICATIONS** (eg Aspirin, Warfarin, Plavix, Iscover) may need to be ceased prior to your procedure and should be discussed with your doctor - (you can continue with any other regular medications).

TWO DAYS BEFORE EXAMINATION

- Stop eating brown bread, cereals,
- Do not have anything with seeds in it
- Do not have any yellow cheese

You may eat egg, steamed white fish, boiled chicken, cottage cheese, low fat plain yogurt white bread, white pasta, white rice, clear fruit juices (apple & pear) plain jelly, skim milk and well cooked pumpkin or well cooked peeled potato.

In the evening make up the sachet of Glycoprep C 70g with 1 litre of water, following the INSTRUCTIONS on the back of the packet. Chill in the refrigerator until required to drink the following day. **Do not discard empty pack to ensure directions to make up the solution are followed completely.**

Please follow the diet instructions on these information sheets and disregard those on the pack as they do conflict. You do not need to use sugar-free products unless you are diabetic or ar instructed by the proceduralist.

DAY BEFORE EXAMINATION

DURING THE DAY, DRINK AT LEAST THREE LITRES OF APPROVED CLEAR LIQUIDS (PLUS PREPARATION LIQUIDS)

No solid foods, no milk products allowed

Drink only **approved** clear liquids ** all day

APPROVED CLEAR LIQUIDS: (A good combination of these clear fluids, including strained chicken noodle soup, will give you a variation in fluid intake).

Water, clear salty fluids (eg strained chicken noodle soup) clear broth/bouillon, clear fruit juices (apple and pear), plain jelly, black tea or coffee (**no milk**), sports drinks, carbonated beverages, barley sugar, clear fruit cordials, (clear lemon/lime). No red or purple colourings.

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities.

1. FIRST DOSE:

4.00 pm

Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx 250 ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour) in order to retain hydration throughout your body.

2. SECOND DOSE:

7.00 pm

Remove the made up Glycoprep-C from the refrigerator following the INSTRUCTIONS on the back of the GlycoPrep-C packet. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approximately 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

DAY OF COLONOSCOPY

3. THIRD DOSE:

6.00 am

Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx 250 ml) and stir until dissolved. Chill for half an hour in the refrigerator if preferred. Drink mixture slowly but completely. This should be followed by at least 1 litre of water or Approved Clear Liquids by 8 am.

FROM 8.00 AM : NOTHING TO EAT OR DRINK- including water

**ANY ESSENTIAL REGULAR MEDICATION TO BE TAKEN WITH
THE SMALLEST SIP OF WATER POSSIBLE**

- You will be able to go home about 3-4 hours later
- **DO NOT DRIVE.** You will need to arrange transport home with a relative or friend – and please make sure your driver will be able to pick you up **no later than 5.30-5.45 pm.**
 - If you have any problem with transport home, please discuss this with Centre staff **PRIOR** to the day of admission.
- Patient drop off and pick up facilities only are available. For your information there is up to three hour timed parking in the Ramsay Road , and a shopping centre car park across the road.
- Please do not wear valuable jewellery or nail varnish

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PATIENT INFORMATION

COLONOSCOPY

What is “Colonoscopy”?

Colonoscopy is a procedure used to examine or inspect the bowel and allows for a variety of operations to be carried out through the colonoscope. These operations may include taking small tissue samples (*biopsy*) and removal of polyps. An alternative method of examining the large bowel is a barium enema. Colonoscopy has the advantage over barium enema of allowing tissue samples or biopsies to be taken.

How are you prepared ?

Prior to the colonoscopy you will be provided with fully explained instructions. For one day before the procedure you will need to follow a fluid only diet and on the day prior to the procedure you will take one of the mixtures which clears the colon of all residue. If you are diabetic, please contact your proceduralist to discuss this prior to the day of the procedure.

You will be given a sedative through a vein in the arm before the procedure to make you more comfortable.

Special considerations

You should advise the nursing staff if you are sensitive (*allergic*) to any drug or other substance. You should cease iron tablets and drugs to stop diarrhoea at least several days before the procedure. If you are taking aspirin or N.S.A.I.D.'s (*arthritis tablets*) you should discuss this matter with your doctor. You should also inform your doctor if you are taking blood thinning tablets, have heart valve disease or have a pacemaker implanted. Precautions taken will usually include providing oxygen during the procedure and all patients are monitored during the procedure with blood pressure and pulse measurements plus oxygen monitoring.

Women should be aware that the absorption of an oral contraceptive pill can be affected by bowel preparation and they should consider alternate contraceptive methods for the month.

What do we do ?

The colonoscope is a long and highly flexible tube about the thickness of your index finger. It is inserted through the rectum into the large intestine to allow inspection of the whole large bowel.

As cancer of the large bowel arises from pre-existing polyps (*a benign wart-like growth*), it is advisable that if any polyps are found they should be removed at the time of examination. Most polyps can be burnt off (*Polypectomy*) by placing a wire snare around the base and applying an electric current.

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Colonoscopy

Safety and risks

For inspection of the bowel alone, complications of colonoscopy are uncommon. Most surveys report complications of 1 in 1,000 examinations or fewer, higher if colonoscopy used to apply treatment i.e. removal of polyps.

Complications which can occur include an intolerance of the bowel preparation solution or reaction to sedatives used. Complications also include perforation (*making a hole in the bowel*) or major bleeding from the bowel. These complications are extremely rare, but if they occur, may require surgery.

When operations such as removal of polyps are carried out at the time of examination there is a slightly higher risk of perforation or bleeding from the site where the polyp has been removed. Late bleeding also may occur following polypectomy (from infection of the diathermied stalk). Typically this is between one and two weeks following the procedure. It usually settles but occasionally requires admission to hospital and blood transfusion.

Complications of sedation are uncommon and are usually avoided by administering oxygen during the procedure and monitoring oxygen levels in the blood. Patients with severe cardiac or chest disease should notify their proceduralist/anaesthetist prior to the procedure.

A number of rare side effects can occur with any endoscopic procedure. If you wish to discuss an aspect, alternative or rare complication please contact the proceduralist prior to your procedure.

Because of the risk of cancer, it is recommended that all polyps found at the time of colonoscopy be removed. However, it will not be possible to discuss the removal at the time of examination as you will be sedated. Therefore, if you agree to removal of any polyps found during the procedure, please sign the consent form. If you have any queries or reservations about this, please inform your doctor.

Afterwards

The sedative painkiller you are given before the procedure is very effective in reducing any discomfort. However, it may also affect your memory for some time afterwards. Even when the sedation appears to have worn off, you may find you are unable to recall details of your discussion with your doctor. For this reason, a relative or friend should be available to take you home if possible. If you do not recall discussions following the procedure, you should contact your doctor.

If you have any severe abdominal pain, bleeding from the back passage, fever or other symptoms that cause you concern, you should contact your doctor immediately.

Please phone to clarify any areas of uncertainty prior to your procedure.